

# Hints for a Healthy Mouth

*Birth Through One Year*

- Clean your baby's gums every day with a clean, damp washcloth. Clean teeth with a soft toothbrush. Toothpaste is not needed during the first year.
- To clean your baby's mouth, put your baby's head, face up, in your lap to have both hands free to clean.
- Your baby's first tooth may show at about age six months. A cold, firm, safe teething object to chew will help baby with teething.
- Don't put your baby to bed with a bottle of formula, milk, juice, or other liquid except plain water.
- Give your baby a cup with juice, formula, or water at around seven months of age.
- Check your baby's teeth often. Look for white spots on the teeth or changes to the gums.
- If you live in an area without fluoride in the water, ask your doctor or dentist about fluoride.



**Medical Assistance Administration**